

Discovering God's call, celebrating the Spirit's presence
Witnessing to Christ's transformative power

Forest Hill Church

The Tower

February 2012

Dear All,

Recently Deanne sent me "Shane Claiborne's 12 Hopes for 2012:"

12. Do something really nice – that no one knows about.
11. Spend more money on other people than I spend on myself.
Love my neighbor as I love myself. And love myself as I love my neighbor.
10. Laugh often... especially at advertisements that try to convince me that I must buy more stuff in order to be happy.
9. Learn a new life skill – like carpentry, pottery, or canning vegetables. Teach someone else 1 life skill I know how to do.
8. Love a few people well, remembering that what is important is not how much we do but how much love we put into doing it.
7. Write a letter to someone I need to say thank you to. Write another letter to someone I need to ask to forgive me.
6. Track down a critic or someone I disagree with and take them to lunch. Listen to them.
5. Compliment someone I have a hard time complimenting... and mean it.
4. Choose life. Do something regularly to interrupt the patterns of injustice – do something to end violence, bullying, war, capital punishment and other mean and ugly things.
3. Pause before every crisis and ask "will this matter in 5 years?"
2. Get outside often and marvel at things like fireflies and shooting stars. And regularly get my hands into the garden... so when I type on the computer I can see dirt under my fingernails.
1. Believe in miracles. And live in a way that might necessitate one.

Perhaps you can choose some activities on this list, or make up your own. Seek to be part of the solution, not the problem.

God Bless you,

John Lentz, Senior Pastor



Shane Claiborne is a Red Letter Christian and a founding partner of The Simple Way community, a radical faith community that lives among and serves the homeless in the Kensington neighborhood of Philadelphia. He is the co-author, with Chris Haw, of **Jesus for President**. In April he will speak at Trinity Cathedral. I will let you know the details later!

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The February calendar is on the pink cover, ready to be posted.

Dear friends,

Before I started my position here at FHC, I read a book on lay leadership development that said this: "Acknowledge, acknowledge, *From the Clover Patch...* acknowledge! Then, thank, thank and thank your leaders!" I want to take this opportunity to acknowledge and thank the leaders whose marvelous gifts, skills and generosity of time have been invaluable to our congregation in the last year or more. We have a tremendous wealth of "heart and mind" within this congregation. We are exceedingly fortunate to have lay ministers who hear AND respond to God's call as chosen individuals. Countless people, known and unknown, give their time, talents and treasures for the building up of the body of Christ.

The *Ruling Elders'* task is to discern the will of God for the body of believers, both Forest Hill Church and our denomination. The Session's call is to discern how individuals themselves in our congregation are being moved to acts of greater service through the Holy Spirit. *The Deacons* serve God by showing acts of compassion and care to our members. (They go above and beyond in order to make sure people feel loved and needs are being met.) The *Trustees* make sure that the physical building and grounds, our finances, and our personnel are functioning efficiently and wisely. The Trustees are given the practical tasks of being good stewards of all that we have.

We are grateful that God chooses, calls, blesses and sends out individuals to serve the church and world. So, to our exiting leaders after three years of hard work. . .

- ❖ **Elders:** Peg Weissbrod, Mark Chupp, Kurt Haas, Brett Himes, Jim Roosa, Dick Obermanns and Barbara Hansen (Clerk of Session), THANK YOU!
- ❖ **Elected Leaders:** Jaired Birks, Carol Leslie, Brooke Marcy, and Susanne Peterjohn, THANK YOU!
- ❖ **Trustees:** Marcia Grant, Consuelo Heineman, and Chris Henry, THANK YOU! To the exiting
- ❖ **Deacons:** Cindy Newton, Jennifer Blakeney, Janet Kickel and Joy Stang, THANK YOU!
- ❖ **Nominating Committee,** the group that worked so hard to discern and to invite people to leadership and service, our concluding: Joy Stang, Pat Seeders, Elizabeth Shaw, Derry Stauffer, Kevin Steiner, Robyn Hales, THANK YOU and

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WELL DONE! (Elder/Chair Joanne Shaner gets to serve one more year!)

I also want to add a special THANK YOU to Beth Zych for directing the wonderful Christmas pageant at the 5:00 pm. Christmas Eve service. It was terrific – Beth (and Liz Wollaeger) worked very to craft an excellent pageant.

We are grateful to all of you for your leadership and tireless work. May God richly bless you as you take a much-needed rest. Lie fallow for a while!

Blessings,

Clover

Clover Beal, Associate Pastor

Adult Education in February

The Kerygma Series studying the Gospel of Mark begins January 29. During February, participants will meet in South Hall for a single class.

Children's Ministries

January continued to be busy as our children and youth explored Jesus' early life and ministry. They discovered how people were transformed by their encounter with Jesus and his message. Thank you to all who led, shepherded, and guided our youth in knowing about God's love for us.

- In our Nursery/Crib Room, thank you to Lara Troyer, Beth Feroe, Lisa Koops, and Jill Roberts
- In our Little Explorers class, thank you to Becky West and Sandy Schultz.
- In our Children in Worship class, thank you to Sarah & Matt Winters.
- In our Pathways to the Promise Land, thank you to Wendy Brock, Vikki Nowak, Emily Wollaeger, Cathy Ghiandoni, Lora Smith and Peter Williams.

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Children's Christian Education



Little Explorers 3 and 4 year olds

Children in Worship—older 4 year olds and Kindergarten

During the month of February the children in these classes will focus their exploration on Jesus' early ministry, his baptism, calling his disciples and his early teachings. Each story has a response to help the children better understand the story. Be sure to ask your children about what they did in church school. Susanne and Laura Peterjohn will be leading the *Little Explorers* class and Lisa Koops will be leading the *Children in Worship* class.

Pathways to the Promise Land grades 1-5

In February our children in this program will be focusing on Handel's *Messiah*. Handel's *Messiah* is the musical expression of the life of Jesus Christ from the Hebrew prophesy, birth, passion and crucifixion and finally resurrection. It is a masterpiece of music that plays a role in the life of the church. The children will be exploring this theme through movement, prayer and cooking.

Dates to Know

February 5

KISS – Kids in Sunday Service

Children will attend the worship service this morning in Celebrating The Lord's Supper with their families.

February 12 Gathering Time

Pathways to the Promise Land children begin in the Chapel at 11:00, then be excused to workshops with their shepherds.

February 19 & 26

Children will begin in worship, then accompany their shepherds to the Pathways to the Promise Land workshops.

Faithfully,

Liz Wollaeger

Director of Christian Education

Mark your calendars for our sixth **AEL** (Arts-Enhanced Liturgy) service on **Sunday, February 19th** at 11:00 am. The music theme that morning will be "**Songs of Survival.**" Throughout history people have sung their way through hardship – whether from the ravages of slavery or imprisonment in concentration camps or the struggle to survive in war-torn countries. These songs have been a source of solace and courage and we have much to learn from them. Please invite friends to this special service.

February is nationally noted as Black History Month, and even though we at FHC sing music from African or African-American traditions all through the year, each Sunday in February will feature some special music from these cultures. We'll be singing songs from Cameroon and South Africa as well as spirituals and gospel music home-grown in the USA.

Please welcome Lynn Balaze as guest organist on the last Sunday in February and first Sunday in March. I will be traveling to Lincoln, Nebraska for three performances of ***Song of Hope*** (commissioned by FHC in 2004) and a performance of my cello sonata and cello quintet ***Lament*** (in memory of Matthew Shepard). While there, I'll also play an organ recital geared toward young people and participate in several worship services at First Plymouth Congregational Church where Tom Trenney, a former organ student of mine, is Director of Music. I'm hoping Lincoln welcomes me with a spell of warm weather!

Soli Deo Gloria

Anne Wilson
216-321-2660
annew@fhcpresb.org

Youth Report

Worship with Converge in February

Our theme for February is *One Life*. Bring new socks for the offering. Join us February 12th at 7 pm at First Baptist (3630 Fairmount Blvd, Shaker Hts) for an awesome hour of worship with other students in the community.

Fun & Fellowship this Winter

Ski Trip: February 3rd-5th

The Youth Group will be heading to Peak'n'Peek for a ski trip the weekend of February 3rd. Mid highs will meet at 6 pm at the church Friday night and head to the Logans' cabin for the night. They will ski all day Saturday and return Saturday evening. Senior Highs will meet at 8:30 am Saturday morning, ski all day Saturday, stay overnight Saturday and return Sunday around lunchtime.

The cost for the all participants is \$70, which includes lift ticket, ski or snowboard rental, and two meals. (dinner and breakfast). We will need adult chaperones so consider joining us for a weekend of skiing! **Please sign up with Kristen by January 22** (kristeno@fhcpresb.org or 440-223-3942).

Cavs Game

Forest Hill Church is going to the Cavs game on March 2nd vs. the Chicago Bulls. Tickets are \$18 - Bring your whole family! **Money is due by Feb. 2nd**. You can pick up order forms from Kristen or Lynda.

Sunday Mornings

Our Mid High Youth meet every Sunday morning at 9:30 am in the Koinonia Room. In February, we will study prayer.

Our Senior High Youth meet for a time of discussion and study on the Book of Proverbs and the wisdom the book has to offer us today.

Coming in March – The Youth are sponsoring a Dinner & Auction

On March 4th, come to Forest Hill Church at 6 pm for a special dinner followed by an auction. Members of the congregation are asked to team up to donate themed baskets for the auction such Chocolate Lovers, A Night at the Movies, Game Night and more. In addition special one-item donations will be accepted (such as artwork,

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coupons for service, etc). All profits will support the youth mission trips this summer. More details will be announced in the coming weeks, but mark your calendars now!

Mid High Mission Week: June 13-17

Instead of a mission trip, mid highs are invited to mission week this summer. During the week, mid highs will participate in mission work in the greater Cleveland area. On Friday afternoon/evening, we will head to NY to stay at the Logans' cabin to cap off the week with a summer retreat! More details will come in the coming months, but mark your calendars. Current 6th-8th graders are welcome for this trip.

Kristen Otte
Director of Youth Ministries

When Light Hits the Path: A story of finding grace and hope

By Kristen Otte

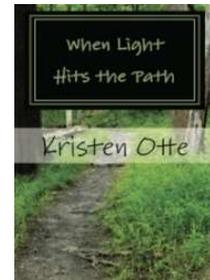
We experience joy and pain. We have good and bad days. Smiling through the bad days is tough.

When Light Hits the Path is the story of discovering God's presence during the joy and pain of life. Through the stories of the funeral of her brother-in-law, the adventure of building 20 houses in a week, finding love and several other transformational moments, Kristen learned that life is good. And there is a God that loves her always.

When Light Hits the Path is Kristen's first book to be available in paperback and Kindle. You can pick up your paperback copy directly from Kristen for \$8.00 or head to Amazon.com to purchase the Kindle version for \$7.00. In addition, Forest Hill Church has two copies available to check out in the library.

On January 29, Forest Hill Church will celebrate the release of *When Light Hits the Path* with a book signing after worship. Join us as we celebrate this milestone with Kristen!

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Black History Month: Sundays in February 12:30 - 1:30 pm

February 5th SGORR Workshop

SGORR (Student Group On Race Relations)

Approximately 300 students from Shaker Heights High School are involved in the SGORR program that promotes good social relations among all people. These students have introduced their message and their methods to thousands of high school students and adults through programs at the Cleveland City Club, the National Conference on Community and Justice, and Shaker PTO meetings. Their primary focus is workshops for elementary and middle school students in the Shaker schools. A small group of SGORR members will lead this workshop.

February 12th Speaker, to be announced

February 19th Professor Maghan Keita from Villanova University in Pennsylvania will preach during worship, and will speak afterwards.

February 26th Book discussion on *Kindred*, by Octavia Butler
The book will be available for purchase. Please see Pastor Beal if you would like a copy.

In addition to these events:

- a book list will be available to those interested in reading further on the plight of African Americans in these United States.
- A Minute for Mission will be delivered each Sunday by the youth of the church.
- "The Bluest Eyes" by Toni Morrison is being presented at Karamu Theater (for those 17 years and older)

We are looking forward to sharing these events with you!

Black History Month organizers

Barb Cloud, Annette Himes, Vikki Nowak, Doris Allen



Reverend Fred Shuttlesworth: Fearless for Justice

By Rep. John Lewis, former chair of Student Nonviolent Coordinating Committee (SNCC)

Rev. Fred Shuttlesworth, who passed on in October (2011), was a fearless, determined, courageous leader for civil rights and social justice. When others did not have the courage to speak out, Shuttlesworth put all he had on the line to end segregation. He was beaten with chains, his church was bombed, and he lived under constant threat of violence and murder. It was Shuttlesworth who stood with Martin Luther King Jr. and Ralph Abernathy at the First Baptist Church in Montgomery, Alabama, on the night of May 21, 1961, to rally the audience in support of the Freedom Rides – and who stayed with us all night while an angry mob surrounded the church and threatened to burn it down. Bombs were set off so frequently in Birmingham during the 1950s and '60s that people called the city "Bombingham." It did not matter. Where others shook in fear, Fred Shuttlesworth took action.

All of us – every American, as well as those around the world who have used the civil rights movement as a template for their own struggles for change – owe Shuttlesworth a heavy debt of gratitude for his willingness to give all he had to help build a more just society.

Courageous Conversation on Race

On December 12, 2011 over 50 people gathered in Bodwell Hall to hear the report of the Courageous Conversation on Race group. Individuals who had participated in the two half-day retreats and the three small group dinner/discussions reported on what had happened. All felt that the dinners led to deepening relationships and a level of sharing that was agitating and refreshing. Yet there was also a shared desire to press on and go deeper. Small groups were formed on four initiatives that will unfold in the months ahead. The small group initiatives are:

- To offer/support new Courageous Conversation dinner groups (target date March 2012)

- To hold a book study/ discussion opportunities (target date April/May 2012)
- To plan a pilgrimage to Memphis, TN (Civil Rights museum) and other cities associated with Civil Rights
- To celebrate Black History Month

The goal is to make Forest Hill Church a racially inclusive and diverse beloved community.

Pastor John Lentz

Listen, Lord: A Prayer by James Weldon Johnson

(A Prayer from **God's Trombones**)

O Lord, we come this morning
 Knee-bowed and body-bent
 Before Thy throne of grace.
 O Lord--this morning--
 Bow our hearts beneath our knees,
 And our knees in some lonesome valley.
 We come this morning--
 Like empty pitchers to a full fountain,
 With no merits of our own.
 O Lord--open up a window of heaven,
 And lean out far over the battlements of glory,
 And listen this morning.

Lord, have mercy on proud and dying sinners--
 Sinners hanging over the mouth of hell,
 Who seem to love their distance well.
 Lord--ride by this morning--
 Mount Your milk-white horse,
 And ride-a this morning--
 And in Your ride, ride by old hell,
 Ride by the dingy gates of hell,
 And stop poor sinners in their headlong plunge.

And now, O Lord, this man of God,
 Who breaks the bread of life this morning--
 Shadow him in the hollow of Thy hand,
 And keep him out of the gunshot of the devil.
 Take him, Lord--this morning--
 Wash him with hyssop inside and out,
 Hang him up and drain him dry of sin.
 Pin his ear to the wisdom-post,
 And make his words sledge hammers of truth--
 Beating on the iron heart of sin.
 Lord God, this morning--
 Put his eye to the telescope of eternity,
 And let him look upon the paper walls of time.
 Lord, turpentine his imagination,
 Put perpetual motion in his arms,
 Fill him full of the dynamite of Thy power,
 Anoint him all over with the oil of Thy salvation,
 And set his tongue on fire.

And now, O Lord--
 When I've done drunk my last cup of sorrow--
 When I've been called everything but a child of God--
 When I'm done traveling up the rough side of the mountain--
 O--Mary's Baby--
 When I start down the steep and slippery steps of death--
 When this old world begins to rock beneath my feet--
 Lower me to my dusty grave in peace
 To wait for that great gittin'-up morning--Amen.

From God's Trombones by James Weldon Johnson. Copyright © 1927 The Viking Press, Inc., renewed 1955 by Grace Nail Johnson

The Discernment Task Force Report in a Nutshell

Remember last summer when you were asked to fill out a survey about your vision for FHC's future, the issues you think we should be addressing, and why you support the church with your money, your time and your talents?

Your responses, along with a lot of other data collected, helped the Discernment Task Force piece together a picture of *who* and *what* this church *has been, is, and wants to become*. That picture is described in a 22-page Report (with over 80 pages of research notes) that [you can find online](#).

If you haven't yet read the Report, here's the gist of it. The Task Force found that:

- FHC is a joyous place, blessed with strong leadership, and a commitment to spiritual education and faith development for everyone.
- FHC is a faith community—healthier than expected—of people who want to make a difference in the world.
- FHC, along with almost every other mainline church in America today, faces financial challenges.

No surprises there. The next question was how should FHC juggle its blessings and challenges in ways that follow Jesus' teachings? We came up with many possibilities for Session to consider, but every idea had to meet at least one of five criteria, identified by you, that we labeled Core Values. Those 5 Core Values are:

1. Being a warm, diverse, and inclusive community
2. Exploring and deepening our faith
3. Participating in engaging worship
4. Participating in faithful social action
5. Discovering and responding to God's call for our lives

(You can read about the Core Values on pp. 5–11 of the Report.)

The ideas that survived the Core Values test fell into 8 main areas. Four of these areas link to specific Core Values and are discussed in pp. 12-17:

1. Build on our tradition of Warmth and Hospitality to all people (Core Value 1)
2. Nurture our members' Spiritual Development (Core Values 2 and 5)

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3. Continue to offer exciting, innovative Worship Experiences (Core Value 3)
4. Provide a wide variety of ways for people to engage in Social Action (Core Value 4)

The other four areas describe best practices that other churches and non-profit organizations have used that could bear fruit for FHC. These are described in pp. 17–21:

5. Engage in Long-Range Planning
6. Improve Communication to and among the congregation
7. Improve our Financial Planning
8. Continue our commitment to Church Growth

So what's next? That's up to you. Share your story. Grow your faith. Serve wherever and whenever you can. We're traveling this path together.

Task Force Members: Dave Bell, Barb Cloud, Jeanine Gury, Barb Hansen, Melody Obery, Steve Sedam, Elizabeth Shaw, Chuck Smith, Jeff Smith, Peg Weissbrod

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Family Promise Week~ February 26th – March 3rd

Practicing hospitality expresses our belief in the inherent worth and dignity of each person. Through our actions of hospitality we move towards creating a world in which we are all treated with justice, equality, and compassion. ~David Rynick

Stop for a moment and try to imagine not having a place to call "home." Whether home is a small apartment, a condo, or a house with a yard; it is a place to go to relax at the end of a long day, a place that shelters special belongings and memories, a place where loved ones and friends can gather together.

Forest Hill Church opens its doors and extends hospitality to families in our community who are experiencing homelessness and are receiving services and support through Family Promise of Greater Cleveland. This agency provides temporary shelter and assists families in finding permanent housing and employment.

Up to 14 adults and children sleep in our Sunday school classrooms for one week three times throughout the year. Volunteers are needed to help make our guests' stay at Forest Hill welcoming and enjoyable. Volunteers are needed to help prepare and eat meals with our guests, set up the guests' rooms and then clean up at the end of their stay, spend time with the families in the evenings, sleep overnight, and assist with moving the beds and washing bed linens.

Forest Hill will be hosting guests during the week of February 26th – March 3rd. **Many** Forest Hill "hosts" are needed! Families with children are welcome to volunteer together. If you are interested in volunteering or in learning more about Family Promise at Forest Hill Church, please email Julie Lustic at jlustic@gmail.com. If you are interested in helping to cook and then joining to share a meal with our guests, please contact Anne Smith at annejeffsmith@yahoo.com. There will also be a sign-up table in Fellowship Hall after the service on Sundays beginning February 5th.

Come and See...be a part of this special mission at Forest Hill!

FHC Family Promise coordinators

Sue Lafferty, Julie Lustic, Anne Smith

News of Our Church Family

In Memoriam We Remember

James Nokes, who died December 30, 2011.

New Contact Information

Amanda Osenga

213 B Lansdowne Ave.
Decatur, GA 30030

New emails only

Joanne & Bob Bielek: jkbielek@gmail.com

Care Group

The Eden CARE Group will be responsible for meeting members' needs during February. Please contact the church office in case of illness, hospitalizations, births or deaths (or other family emergencies) in any FHC family.

Members of the Eden CARE Group are:

Mary Ball, Deacon leader	Suzanne Marcy
Doris Allen	Steve Marunowski & Peg
Clover & Tim Beal & family	Weissbrod
Dave & Chris Bell	Lissa McKinley
Jane & Derek Duncan & family	Clayton & Julie Minder
Jean & Scott Duncan	Ron Polderman & Carol Smith
Jeff Dyck & Lara Troyer	Elizabeth Shaw
Kris & Bill Fay	Jeff & Anne Smith
Tim & Leigh Henderson	Elaine Tapié
Mary Hill	Elaine Turley
Bob & Pat Jeffreys	Paul & Katie Weissbrod
Sue & Scott Lafferty	

Please remember these homebound members in your prayers:

Bob Bielek, Pat and Fran Drake, Rose Eaton, Betty Farnfield, Marilyn Gifford, Dorothy Hales, Elizabeth Kosnik, Merdine T. Morris, Marilyn Oviatt, Joyce Peters, Anne Taylor

Please pray for those with ongoing prayer concerns:

Marion Frederick (Jane Frederick's mother), Doug, Marcie and Lucy Harvey (Tom and Paula Harvey's family), Dennis Wedding (Jeannine Gury's brother),

Ushers

Roger Heineman, Lead and Head Usher; Robyn Hales, Paula Harvey, Tom Harvey, Jason Hidek, Diane McFiggen, Tom McFiggen, Dick Peterjohn, Chuck Smith.

Thank you, Forest Hill Church community, for all the wonderful support and caring during Sharon's recent surgery and chemo treatment. You have supported and cared for us with amazing gifts of cards, meals, prayers, thoughts, hugs, smiles, flowers and wonderfully warm words of encouragement. Treatment is finished and we are so glad to be on with life. Thank you so much.
Mark and Sharon (and Loren and Emma)

Social Groups and Circles

The Group (singles and couples 60s – 70s) **Super Bowl Party**

The Group will gather to watch the Super Bowl on Sunday, February 5, 2012 at 6:00 pm at the home of David and Anne Hunter, 865 Hardwood Ct, Gates Mills. We will provide soup for half time, but we need appetizers, salads, and desserts. BYOB. RSVP to Cathy Ghiandoni (216 691-1905 or cgghiandoni@aol.com) . All are welcome!

February 5, Dave and Anne Hunter's, 6 pm

Iris Circle (all women of the church)

Iris Circle (women of FHC) will gather for a Bible study led by the Rev. Clover Beal on Tuesday, February 21 at 1:00 pm. We will meet at the home of Nancy Grube, 5261 Graham Dr., Lyndhurst. For directions or questions please call Nancy (440 461-4693).

February 21, Nancy Grube's, 1 pm

Office News and Reminders

The deadline for the weekly bulletin is every Wednesday morning.

The deadline for the **TOWER** is as follows: **7 a.m.** on February 17, March 16, April 13. **We will be distributing TOWERs in the Garden Foyer for a week or two following the due date. The TOWER will be posted on the website as soon as it is available.**

Emails and extensions for the staff are as follows:

- ❖ John Lentz, pastorlentz@fhcpresb.org, ext. 200
- ❖ Clover Beal, pastorbeal@fhcpresb.org, ext 201
- ❖ Anne Wilson (music), annew@fhcpresb.org, ext 208
- ❖ Liz Wollaeger (DCE), lizw@fhcpresb.org, ext. 206
- ❖ Kristen Otte (Youth), kristeno@fhcpresb.org, ext 207
- ❖ Becky Austin (financial): beckya@fhcpresb.org, ext. 203
- ❖ Lynda Bernays (office administrator), and all other email: office@fhcpresb.org, ext. 202

Our website **is** www.fhcpresb.org

If you are in the building and need a custodian, or outside needing to get in, and a custodian is on duty, he may be reached at **216-217-5257**.

CDs of the worship service are available each week. Often they are available soon after worship. If you miss that, call or email the church office, or leave a note, and the CD will be in the volunteer office the following Sunday. The cost is \$1 per CD (\$2 to be mailed).

Would you like a large-print edition of the **TOWER**? Or a bulletin sent to you if you are ill or away? Please contact the church office with your request.

Both the bulletin and the **TOWER** may be found on our website. Please contact the office if you would like to discontinue your printed copy of the **TOWER** and ONLY read it on line.

Sunday flower donations are coordinated by the church office. Please call or email Lynda for information about donating an arrangement. The cost is \$25 per arrangement.

**Did you know that your monthly or weekly donation to FHC can be paid on-line with your other regular payments?
It's free, easy, and convenient!**



A Green Lenten Season

As we prepare for this season of reflection and purpose concerning our Lord's ultimate journey, let us 'fast forward' in our modern lives to an important journey we as Christians must take---to protect what God has given to us for safekeeping. Namely, our Earth! So your FHC Green Team challenges you to 'fast' this season, a

CARBON FAST. This is a daily spiritual and modern discipline during Lenten season that describes ways to keep our earth 'green', by reducing fossil fuel usage, recycling, honoring nature, etc. Each day there is a reminder of suggestions on how we can help sustain our earth by meaningful and achievable actions.

In an effort to 'keep green', only a small number of printed calendars will be made available, principally for those who do not have email, or those who request a printed copy. The Carbon Fast calendar will be emailed as a PDF in time for Lent. You will probably want to refer to this daily or even print this out at home and display it prominently as a daily reminder to all family members. The Carbon Fast calendar will also be made available on the FHC website.

We will also have an announcement in church early in February of a very special Lenten Wednesday dinner program March 7 that you will not want to miss!

FHC Earth Care Congregation Green Team

Dave Neff, Christina Hidek, Steve Sedam, Kemp Jaycox, Dale Dannefer, Dave Hunter, Diana Johannessen, Martin Johannessen, Jane Duncan, Keith Logan, Mark Chupp

Sundays in February

9:00	Child care begins
9:30	Adult education in South Hall Youth education Descant Choir
10:15	Descant Choir activity
10:30	Continental Breakfast Chancel Choir
11:00	WORSHIP Children in Worship Little Explorers
11:15	Pathways to the Promise Land (gr. 1-5) (KISS, Feb. 5; 11:00 Gathering Time, Feb. 12)
12:15	Coffee Hour
5:00	Faith Leader

February 5 11:00 WORSHIP: Communion 12:30 BHM: SGORR program 6:00 The Group: Super Bowl party The Back Row: SB Party	Isaiah 40: 21-31 Psalm 147: 1-11, 20c 1 Corinthians 9: 16-23 Mark 1: 29-39
February 12 12:15 Sine Nomine Choir 12:30 BHM: Speaker 7:00 Youth: CONVERGE!	2 Kings 5: 1-14 Psalm 30 1 Corinthians 9: 24-27 Mark 1: 40-45
February 19 Transfiguration Sunday 11:00 WORSHIP: Songs of Survival 12:15 Sine Nomine Choir 12:30 BHM: Prof. Maghan Keita	2 Kings 2: 1-12 Psalm 50: 1-6 2 Corinthians 4: 3-6 Mark 9: 2-9
February 26 1 Lent 12:30 BHM: Book Discussion 5:30 Family Promise host week begins	Genesis 9: 8-17 Psalm 25: 1-10 1 Peter 3: 18-22 Mark 1: 9-15

The Revised Common Lectionary readings are listed here.